

When cooking becomes an enjoyable journey, not a chore.

FOOD FOR THOUGHT

Remote Cooking Workshop hosted by the Rose Harbour Sustainable Living Society

September 18 – 22, 2023 | Gwaii Haanas

5 DAYS

Of hands-on experience harvesting, cooking and experiencing Rose Harbour

160 KM

Away from the closest town

ALL WELCOME!



WE ARE THE ROSE HARBOUR KITCHEN

Living at Rose Harbour for 39 years, Susan has been cooking out of her home for various guiding operations in Gwaii Haanas for the past 25+ years.

“Cooking has been my art form. Over the years, I have enjoyed cooking and sharing meals. It began when my two boys were young, and we had a volleyball net to entice kayak groups with enthusiastic young guides, to come and play a game with the boys. We would share a dinner, the guides preparing the meal for the guests, and me adding a large salad from my garden. These dinners planted a seed and from there the idea for a business grew where I provided meals for the Rose Harbour Guesthouse and dinners for kayak groups, boat tours and independent travellers, serving fresh fare from my garden and any available seafood.”

“I am primarily a cook and gardener. I cook from my imagination and experience and over the years I have always encouraged many of my co-workers to do the same. Initially, they wanted recipes, feeling intimidated and inadequate just to create - “What if it’s a failure?” they would ask. I would enthusiastically share my thoughts and respond with, “taste as you create, and don’t be heavy-handed.” One can always add, but it’s difficult to mask overpowering flavours. This idea for this workshop was born when my friend, co-worker, and now the proprietor and chief cook of the Rose Harbour Kitchen – Frances Bateham – suggested I lead a cooking workshop, and the new kitchen space made it a reality”.





Along with Susan, Frances will lead the workshop. Frances was raised on Haida Gwaii and grew up on Maude Island Farm in Skidegate Inlet.

Frances describes her experience with Rose Harbour; *“I have been helping in the kitchen since I was a teeny bopper. My love for cooking started when I was a small child rolling out pie crust on the kitchen floor while my mum was busy in the garden – to creating my own 'café' on the back porch at age 10, feeding Mum and her helpers when they returned for lunch. And now here I am at Rose Harbour with a real 'restaurant' (in as down to earth, funky and, dare I say, hippy sense of the word as possible). Working with Susan and eventually taking over what she created has been amazing. I have learned so much from her about creativity and the love for local ingredients. We have the most fun just playing around in the kitchen, discussing different flavour combinations, trying new things and creating beautiful, tasty food, and that is what we would like to share with you.”*

The purpose of the workshop is to discover how to "wing it" (Susan) and "fling it" (Frances) to enjoy the time spent cooking with others, sharing ideas, making a menu where each dish complements the next and the flavours mesh rather than at war with each other. *"Gaining the confidence to experiment and learn how to tweak a dish or, as we are known to say, "kick it," giving it a zing if too bland by playing with tastes. We prefer to think of this way of cooking as fusion rather than authentic, but still able to capture the essence of a dish and the country of origin by using traditional spicing"*. The workshop aims to teach methods of cooking and the added condiments that make it appear new and different.

This workshop provides food for thought and ideas on making your time cooking an enjoyable journey and not a burdensome chore.

In addition to cooking, an essential component of this workshop is to experience life at Rose Harbour, 160 kilometres/100 miles from the closest town. The workshop participants will have hands-on experience harvesting, cooking and experiencing Rose Harbour through chopping firewood for the wood cookstove, learning how to live where there are no stores, and just what life is like, far away and off the grid.

Rose Harbour Sustainable Living Society is hosting the workshop, which houses the new Rose Harbour Kitchen. It will be led by Susan Cohen (from the past) and Frances Bateham (from now into the future).



SCHEDULE & DETAILS:

Moresby Explorers will provide the transportation.

Their website moresbyexplorers.com provides details of the zodiac boats and your necessary preparation for the trip.

The accommodation we recommend in Sandspit is Seaport B&B, owned and operated by Moresby Explorers.

Workshop dates: September 18 – 22, 2023.

All are welcome!



DAY 1: PICK-UP IN SANDSPIT

Moresby Explorers will take you to Moresby Camp, where they will provide wet weather gear for the three-hour zodiac ride to Rose Harbour. Upon arrival at Rose Harbour, a hot meal will be awaiting you. We will then show you your accommodations and, once settled, will give you an introductory talk and prepare the first night's meal while we get acquainted with each other. The dining area will also be the prep area for the workshop participants.

DAY 2:

We will provide breakfast for you, and after the clean-up, we will discuss each person's role in the day's menu, always according to your comfort level. Before lunch preparations, we will present our way of looking at food and all the diverse methods used to obtain the desired results.

We will decide on a menu and do all the prep work hands-on. This way of cooking is less structured. By not following an exact recipe, there is room to improvise. In addition, we will explore the preparation of the sauces and condiments that are essential to have on hand in the kitchen. These include chilli paste, hot sauce, Indonesian soy sauce, kimchi, pickles, chutneys, salad dressings and more.

DAYS 3 AND 4:

These days will have the same rhythm as day two but emphasize how a meal evolves, including the importance of presentation and how to achieve your desired results.

The Rose Harbour dinners will consist of four courses beginning with an appetizer and ending with dessert. All will be prepped and prepared by the participants, with time for exploration and reflection.



DAY 5:

The workshop includes an excursion to sGang Gwaay, the world heritage site of the Haida Nation, and a half-hour zodiac boat ride from Rose Harbour. This excursion is weather dependent and thus could be on a different day. The morning will also begin with a walk after breakfast on the Rose Harbour property to a partially carved Haida canoe thought to be dated from the time of the smallpox epidemic in 1862. A lunch stop will be on the way back to Moresby Camp, and then we will return you to Sandspit.

The cost from Sandspit is \$3000, which includes transport, accommodation, food, taxes and parks fees. There is a maximum of 10 participants, and we require a minimum of 6 participants for the workshop to be confirmed.

For more information or to book this trip, please contact roseharbourkitchen@gmail.com

